

Senior Center SNAPS



Thank You!

- 1st Donuts
- Absolute Quality Hearing
- Atria at Hometown
- Brown & Freeman, LLC
- Brookshire Dental
- Busy B Bakery
- Custom Fit Insurance
- Dancing Rivers Grapevine
- Donut Wheel
- Dunkin' Donuts
- Elevation Health
- Emerald Hills Rehabilitation & Healthcare
- Gotta Go Tours by Patti
- Hurst Plaza Nursing & Rehabilitation
- Nations Insurance Solutions
- North Hills Hospital
- Seniors Helping Seniors
- Shield Awards & Promotions
- Smile Donuts

Upcoming Events

- **Protecting the Oswald's**
- **Open House & Anniversary**
- **Thanksgiving Dessert Buffet**
- **Christmas Brunch & Caroling**
- **Southern Holiday Christmas Tour**

Visit Randy Foster's blog at: <http://stardustbyrandy.blogspot.com/>
Cecil Kearney's Hurst Senior Center blog at:
<http://hursttech.blogspot.com/> and <http://hsc-pix.blogspot.com>

New Classes

Join the Fun!

SP

The Senior Pipeline

October 2013
Vol. 5 Issue 11

Check out the Calendar for
NEW events and programs!

Get Active and Get Involved!



A publication from the Hurst Senior Citizens Activities Center

Senior Pipeline Tidings...
By: Maurine LeCocq, Senior Center Journalist

What games do you enjoy playing. . .billiards, bingo, bunco, cards, dominos, pickle ball, ping pong? We have many regularly scheduled games going on here at the Senior Center that you might want to check out. They are listed in the Senior Pipeline each month. The good news is most of them are free, thanks to our volunteers who coordinate and/or assist with each activity. Our volunteers help make it possible for these games to be available for us to enjoy. Some of these games even have refreshments and drinks provided from outside sources.

Ron Beall, our staff billiards expert, coordinates two 8-Ball Tournaments each month with the assistance of volunteers Terry Maughan, David Branche, Bill Bell, Roger Cook and others. Everyone has fun competing for the honor of winning 1st place. The ladies, hosted by Barbara Humphreys, enjoy their Powder Puff Pool time. We really appreciate our Billiard’s sponsors: Hurst Plaza Nursing & Rehab, Shields Awards and Promotions and Seniors Helping Seniors. You must sign up to participate in all organized billard’s activities. The tables are open other times for games and practice.

There are two opportunities to play Bingo at the Senior Center. Linda Provence, our Assistant Activities Coordinator, heads up Bingo in the Afternoon on the third Wednesday every month at 2 pm, and also Pot Luck Bingo on the first Thursday every month at 6 pm. Volunteers are crucial to the success of this popular game. Jan Cook, Faye Branche, Kim Bouse, Dani Fatheree, Tom Picarello and Shirley Richardson, just to name a few, really keep the game...and the food going.

Bridge is big here at the Senior Center. Duplicate Bridge is on Tuesdays and Thursdays from 12:30-4:30 pm and Party Bridge is on Mondays from 2-4 pm, Tuesdays and Thursdays from 9-11 am, and Fridays from 10 am-Noon. Volunteers, Ann Sechrist, Dolly Pelayo, and Melvin Ball help to set up and clean the room so the groups can play.

I recently heard of Chicken Foot. Turns out it is a domino’s game. You can join them on Tuesdays and Fridays at 1:00 pm. Another game played with domino-like tiles is Mah Jongg. Both of these groups are always looking for new players. If your unsure what these games are about or want to learn how to play, ask

Corlynn Volhkien about Mah Jongg and Rachel Jackson, Shirley Fink or Barbara Johnson about Chicken Foot.

If you enjoy Canasta, you might want to check out Hand and Foot Canasta on Tuesdays and Thursdays from 2-5 pm. Faith Waligora or Peggy Sinclair can help you get involved if you are interested in playing.

One of our newest games added to the line up is Pickle Ball. This fun, active game is a cross between tennis and ping pong. Jenny Fox helps with getting the court taped off and the net set up. It’s a come-and-go activity on Mondays from 1-6 pm. Come check it out!

Grab a partner on Wednesdays and Fridays and come play Ping Pong anytime between Noon and 2 pm. Occasionally there is a tournament which will be listed in the Senior Pipeline.

Like poker? We have a Texas Hold ‘em Tournament sponsored by Mike Smith from Custom Fit Insurance, usually on the 4th Wednesday each month. Volunteer Terry Messler helps coordinate this tournament. We occasionally are in need of people that are willing to deal cards. If you are willing to be a dealer, please let Michelle Varley know. Check the Senior Pipeline for date and tournament time.

Do you like to bowl, box, play baseball, golf or tennis? These Wii games are all available on Mondays from 10 am to 6 pm here at the Senior Center. They are fun to play and a different way to exercise.

If you see something you would like to do, be sure to check the Senior Pipeline for days, times and locations each month as things can occasionally change. Unless it is an “Open Activity”, you need to sign up at the front desk so the coordinator and volunteers know how many people to expect.

Kudos to all of our Game Coordinators and Volunteers. They make these fun activities and events possible for us. Do make it a point to tell them how much you appreciate what they are doing.

If there is a game that you really enjoy that is not going on at the Senior Center right now and you are willing to help get it started, let Michelle Varley know. She keeps a list of suggestions and when there are enough requests, it could happen. I’m up for Scrabble, anybody else?

Senior Center Staff

Linda Rea	Director
Michelle Varley	Activities Coordinator
Laura Gore	Senior Secretary
Linda Provence	Asst. Activ. Coordinator
Ron Beall	Part-Time Attendant
Diana Conway	Part-Time Attendant
Barbara Humphreys	Part-Time Attendant
Elaine Wicker	Part-Time Attendant

Hurst Senior Citizens Activities Center
700 Heritage Circle
Hurst, Texas 76053
817.788.7710
www.hursttx.gov

Open Activities

Fun–n–Games

“42”

Mon. & Wed. & Fri. 1:00 pm - 4:00 pm

Billiard’s Room

Member Organized Play

Mon. & Thur. 8:00 am - 12:00 pm

Novice Play

Tues. & Thur. 5:00 pm - 7:00 pm

Tournaments (sign up required)

See calendar for schedule

Chicken Foot

Tue. & Fri. 1:00 pm - 3:00 pm

Duplicate Bridge

Tue. & Thur. 12:30 pm - 4:30 pm

Hand & Foot Canasta

Tues. & Thur. 2:00 pm - 5:00 pm

Mah Jongg

Mondays 2:00 pm - 4:00 pm
Wednesdays 10:00 am - 12:00 pm

Ping Pong

Wednesdays 12:00 pm - 2:00 pm
Fridays 10:15 am - 12:15 pm

Party Bridge

Tue. & Thur. 9:00 am - 11:00 am
Mondays 2:00 pm - 4:00 pm
Fridays 10:00 am - 12:00 pm

Pinochle

Tue. & Thur. 10:00 am - 2:00 pm

Pickle-Ball

Mondays 1:00 pm - 6:00 pm

Puzzles

Check the library for the latest jigsaw puzzle

Skip Bo

Mondays 2:00 pm - 4:00 pm

Wii Play

Mondays 10:00 am - 6:00 pm

Exercise & Fitness

Walking Group (14 laps make a mile!)

Tai Chi for Arthritis (DVD)

Mondays & Fridays 9:00 am - 10:00 am

Yoga for Beginners (DVD)

Mondays 11:00 am - 11:30 am

Richard Simmons - Sweatin’ to the Oldies(DVD)

Wednesdays 12:30 pm - 1:30 pm

Texercise (DVD)

Tue. & Thur. 10:00 am - 11:00 am

Richard Simmons - Silver Foxes (DVD)

Tue. & Thur. 11:00 am - 12:00 pm

Walk Away the Pounds (DVD)

Wednesdays 4:00 pm - 5:00 pm
Fridays 1:00 pm - 2:00 pm

Yoga for the Lower Back (DVD)

Fridays 9:30 am - 10:00 am

Richard Simmons - Disco Sweat (DVD)

Fridays 11:00 am - 12:00 pm

Qigong (DVD)

Fridays 5:30 pm - 6:30 pm

Arts, Crafts & Misc.

Ceramics & Wine Bottles*

Tue. & Thur. 9:00 am - 1:00 pm

Coupon Clique

Tue. & Thur. 9:00 am - 12:00 pm

Open Glass Fusion*

2nd Tue. 2:00 pm & 3rd Thur. 6:00 pm

Knot-a-Lot

Wednesdays 2:00 pm - 4:00 pm

Open Quilting

Tuesdays 1:00 pm - 5:00 pm

* With the exception of Ceramics, Wine Bottles & Glass Fusion, open activities generally do not require a fee.

Monthly Social and Special Events

DANCES - Join us on the 2nd & 4th Thursday nights of the month at 7 pm in the Multipurpose Room for a great night out! Come to dance the night away or just listen to some fabulous music! Live band and light refreshments. This month we will also host a night of non-stop line dancing (no band). Dances are **\$5** at the door and open to Seniors from all over the Metroplex. Invite your friends!

October 10	Country - Classic Country
October 17	Line Dance - Music selections by Barbara Albright
October 31	Costume Dance - Rock-n-Roll with Sundown

EMPOWERING SENIORS (FBCE Campus West) **Friday, October 4, 8:30 am - 1:30 pm** Be sure you have registered for the 5th Annual Empowering Seniors Health and Lifestyle Expo for Boomers & Seniors (ages 50+). Take advantage of free health screenings, workshops, entertainment and more. Complimentary lunch provided. See the front desk for registration form. **FREE!**

MOVIE & MUNCHIES (95001T 5/75/MP) **Friday, October 4, 1 pm** Once a month we offer a current movie with "munchies" - including popcorn, drinks, and a snack for only **\$3**. This month's feature is "The Great Gatsby," starring Leonardo DiCaprio, Carey Mulligan & Isla Fisher. An adaptation of F. Scott Fitzgerald's Long Island-set novel, where Midwesterner Nick Carraway is lured into the lavish world of his neighbor, Jay Gatsby. Soon enough, however, Carraway will see through the cracks of Gatsby's nouveau riche existence, where obsession, madness, and tragedy await. Please sign up.

LUNCH & LEARN I: Preparing for Medicare Enrollment (94014T 5/300/MPN) **Wednesday, October 9, 12 pm** With all the options available to you, the Medicare enrollment process can seem overwhelming. Don't leave these important decisions to the last minute. Mike Smith, Custom Fit Insurance, will share the steps you need to take to make the best Medicare choices for you. Pizza lunch provided. Free!

BIRTHDAY PARTY (95006T 6/75/MPN) **Wednesday, October 9, 3 pm** Let us honor you on your special day. It doesn't have to be your birthday to attend, the party is open to all Senior Center Members. Please sign up. **FREE!** Sponsored by Emerald Hills Healthcare Center.



BREAKFAST CLUB (95015T 10/50/MPN) **Friday, October 11, 8:30 am** Wake up and get up to the Senior Center for a hearty breakfast. Enjoy fresh assorted breakfast casseroles, juice and coffee. Fresh fruit sponsored by Dancing Rivers Grapevine. Seating limited. **\$3 per person.**

HERITAGE VILLAGE PRESENTS (Heritage Village Park) **Thursday, October 17, 7:00** Bring a lawn chair or a blanket and come out to the park for a Country/Bluegrass concert by Salt Creek. Bring a picnic or enjoy BBQ from onsite vendor. The City of Hurst will be providing free dessert for everyone that attends. No need to sign up. **FREE!**

CREATIVE ARTS

Zentangle (91104T 3/12/CRB) **Mondays 10 am - 12 pm** Learn this relaxing and fun way to create beautiful images by drawing structural patterns. Supplies provided. Instructor: Cindy Shepard; \$40 Instructor fee; \$8 supply fee.

Glass Fusion (91073T 1/10/CRB) **Wednesday, Oct. 2, 2 pm** Learn to cut glass and more as you create a pendant for a necklace. Limit 2 pieces per class (\$5 additional piece). Instr: Staff \$15 class fee.

Crafting for HSAC (91094T 1/10/CRB) **Fridays, 10 am** Join the staff as they work to create quick and easy items to benefit the Senior Center at the Craft & Holiday Market.

Bead Mania I (91048T 1/10/CRB) **Thursday, Oct. 3, 2:30 pm** Silver link & crystal bracelet. Instructor: Diana Conway. Instructor fee \$5; Supply fee \$8.

Bead Mania II (91056T 1/10/CRB) **Thursday, Oct. 10, 2:30 pm** Flower necklace/lanyard. Instructor: Diana Conway. Instructor fee \$5; Supply fee \$12.

Crafty Corner I (91049T 1/10/CRB) **Thursday, Oct. 17, 2:30 pm** Bead & wire wrapped cross. Instructor: Diana Conway. Instructor fee \$5. Supply fee \$8.

You Can Paint with Oils (91074T 6/15/SA) **Friday, Oct. 18, 9:30 am - 12:30 pm** Paint "Georgia O'Keefe's Poppy" in one inspiring lesson. Bring paper towels and wear old clothes. Instr: Susan Gardens. Supplies provided. \$15 instructor fee, \$18 supply fee.

Crafty Corner II (91057T 1/16/CRB) **Thursday, Oct. 31, 2:30 pm** Set of 4 patchwork coasters. Instructor: Diana Conway. Instructor fee \$5. Supply fee \$6.

Multi-Media Painting (91101T 1/16/CRB) **Mondays, Oct. 7 - 28, 1:00 pm - 4:00 pm** Classes on the use of watercolor, pastels, acrylic, and oil painting. Choose your medium! Whether you are an accomplished artist or a beginner, you can access your style. Instructor: Victoria Pederson. \$40/month.

Crochet for Beginners Mondays (91103T 1/10/CRC) **10 am - 12 pm or Thursdays** (91098T 1/10/SB) **6 pm - 8 pm** Class designed to encourage beginners, but instructor will work with all levels. Learn to read patterns and make granny squares. Bring your own 4 ply yarn, "H" hook, yarn needle and scissors. Instr: Rhonda Tackett. \$20/month.

Grandma's Treasures (91100T 1/10/CRB) **Tuesdays, Oct. 8 - 29, 10 am - 12 pm** (no class 10/1.) What to do with Grandma's lace doilies, runners, chair covers, etc? Things she spent hours lovingly creating. Pull them out of storage and create ways these items can be enjoyed today by using modern fashion design. Instr: Victoria Pederson. \$40/month.

Quilter's Choice (91024T 1/12/SB) **Mondays 10:00 am - 1:00 pm** Project of the month: completion of the "Underground Rail Road Quilt." Supply list provided the first day of class. Instructor: Jan Cook. \$25/mo.

Quilter's Lab (91078T 1/12/SB) **Tuesdays 10 am - 1 pm** Instructor assistance w/your project. Instructor: Jan Cook. \$25/mo.

Beginner Quilt Making (91047T 1/12/SB) **Wednesdays 10 am - 1 pm** Learn to quilt with "Bright Beginnings" pattern. Instructor: Jan Cook. \$25/mo.

Open Wine Bottles (91054T 1/20/SA) **Tuesdays & Thursdays, 9 am-1 pm.** Bring your own bottle(s), then decide what you want to make. Lamps require a \$3 cutting fee and light kit. Decals available for additional charge. Instructor: Debbie Smith. \$5 monthly fee.

Open Ceramics (91001T 1/20/SA) **Tues. & Thurs., 9 am - 1 pm** Bring your own supplies. Kilns on site. Instr: Debbie Smith. \$5 monthly fee.

Open Glass Fusion (91092T 1/10/CRB) **2nd Tue. at 2 pm & 3rd Thur. at 6 pm.** Use your own materials. Participants are required to have taken the Glass Fusion class at least once. The Center and staff is not responsible for outcome of fired pieces. \$5 monthly fee.

FUN, GAMES & GROUPS

Potluck BINGO! (95002T 5/75/MP)
Thursday, Oct. 3, 6 pm Bring a side dish or dessert to share with the group. The Senior Center provides the main entrée (Sausage & Sauerkraut), drinks and prizes. **FREE!**

8-Ball Tournament/Singles (95078T 8/16/BIL) **Friday, Oct. 11, 11 am** Sign up early. \$3 per person. Award ribbons sponsored by Shield Awards & Promotions.

8-Ball Tournament/Doubles (95029T 8/24/BIL) **Friday, Oct. 18, 11 am** Sign up early. \$3 per person. Prizes and refreshments sponsored by Hurst Plaza Nursing & Rehabilitation.

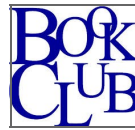
Ladies Powder Puff Pool (95079T 8/16/BIL) **Wednesday, Oct. 30, 2 pm** Come for a fun afternoon of friendly, semi-competitive play just between girls. No prizes, just bragging rights! Sponsored by Seniors Helping Seniors. **FREE!**

Aircraft & Helicopter Science Group (95031T 1/30/CRB) **Thursday, Oct. 3 & 17, 2 - 4 pm** Your help is needed to develop presentations for the HEB and FW schools. A variety of presentations are used that include math, science, models, photographs, power point, etc. **Come support our future leaders!**

Sing-a-Long (94043T 1/30/SA) **Monday, Oct. 7, 3 pm** Come sing to good old country, rock'n roll, and gospel songs! Lyrics shown on TV screen. **FREE!**

Bunco (95092T 5/300/MPN) **Friday, Oct. 11, 1 pm** Play this fun, social dice game that requires no skill, but lots of luck. Refreshments and prizes provided. Sponsors Brown & Freeman, LLC. **FREE!**

Texas Hold'em Tournament (95007T 1/24/MPS) **Wednesday, Oct. 23, 2 - 4 pm** Prizes, food & fun! Sponsored by Mike Smith, Custom Fit Insurance **FREE!**



Book Club (94078T 1/20/Conference)
Monday, Oct. 21, 3 pm At each meeting readers discuss the likes and dislikes of the book selected at the previous month's meeting and then decide on a new book to read the next month. Current book: "Guilty Wives" by James Patterson. Facilitated by Elaine Wicker. Sign up. **FREE!**

Happy Hatters' Meeting (95040T 1/75/MP)
Thursday, Oct. 10, 10:30 am Join "The Happy Hatters of Hurst" for a brief meeting to go over our year end activities. Saturday, Oct. 12, the group is going to the FW Stockyards via the Grapevine Vintage Railroad. \$2 donation for the "Hatters' Fund" can be paid at meeting check in. Wear your red hat!

Bingo in the Afternoon (95058T 5/75/MP)
Wednesday, Oct. 16, 2 pm Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance. Prizes sponsored by Dancing River Grapevine. **FREE!**

Volunteers We are always looking for people to teach classes, share a talent or expertise, start a new game group, set up, keep up, and clean up around the Center and more. Hours are based on your availability. Volunteer opportunities are listed in the Volunteer binder located at the front desk or you can be added to our monthly e-mail group. Contact Linda Provence at the Senior Center to get involved.

Caring Covers Our Senior Center members are like a close-knit family. So when one of our members is sick, has lost a loved one or is just having a rough time, we want to reach out to them. Our Knot-a-Lot group wants to share their "knotted" creations with those that need to know someone cares. Please advise the front desk staff if you know of a fellow member who is in the hospital, grieving or feeling down, so that a "Caring Cover" prayer shawl can be shared with them.

EDUCATION/SEMINARS/TRAVEL

Medicare Counseling 1st Monday of the month, 9:30 - 10:30 am Do you have questions about Medicare? Visit with Mike Smith of Custom Fit Insurance to find out what you need to know about Medicare Advantage, Medicare Supplements, and more. **FREE!**

BP Check 1st Wednesday of the month, 10 - 11 am Stop by the front lobby and get your blood pressure checked by a licensed nurse and visit with Shelly Cone, Marketing Representative for Hurst Plaza Nursing & Rehab. **FREE!**

Elevate Your Health (95089T 5/300/MP) **Tuesday, October 1, 11 am** Dr. Ryan Burns will teach you how nutrition and a proper diet impacts living a healthy lifestyle while you enjoy sampling some healthy holiday alternatives, recipes will be provided. **FREE!**

Writing Group (94064S 1/15/CRB) **Thursdays, September 5 - October 24, 10:30 - 12:30 pm** Join this comfortable, yet professional group for getting your writing ready for publication. Bring pen/pencil, paper, eraser and imagination! Drop-ins welcome. \$30 for 8-wk session. Instr: Victoria Pedersen.

Walking & Yoga (92033T 3/15/MPS) **Mondays, October 7-28, 10 am - 11 am** You take an average of 10,000 steps per day, each of which can create instability or perpetuate discomfort. Learn posture, gait (walking) practices, and yoga techniques that will reduce knee, hip, back, and shoulder joint pain, improve your level of fitness, develop better balance, and help you look and feel great! 30-40 minutes of the class will focus on walking technique and 20-30 minutes on hip, knee, core yoga strengthening movements, and twists for more mobility in the spine. Instructor: Gina Shelton. **\$16/4 classes.**

Dr.'s Health Talk (94056T 1/25/SA) **Wednesday, October 9, 2 pm** "Putting your best foot forward!" Dr. Steven Lund, a podiatrist from North Hills Hospital will speak on common treatments for foot pain and avoiding complications of the ankle. **FREE!**

Hear to Help (94018T 1/50/CRA) **Monday, October 14, 9:30 am** Stop by and get an onsite hearing screening or assistance with servicing and cleaning your hearing aid. Sponsored by Absolute Quality Hearing. **FREE!**

Genealogy (94033T 1/16/LC) **Monday, October 14, 2 pm** This month, join Tresa Tatyrek and learn how to use land records on the Bureau of Land Records website. **FREE!**

History of Aircraft (94030T 1/20/CRB) **Wednesday, October 16, 2 pm** Volume 4, NASA Assignment: "Who's Out There?," "The Mission of Apollo/Soyuz" and "Space Shuttle: A Remarkable Flying Machine." **FREE!**

ABC's of Medicare **Thursday, October 3, 2 pm (94038T 1/16/CRB) or Monday, October 21, 10 am (94058T 1/16/CRB)** Learn about different Medicare supplements and start getting ready for enrollment. Sponsored by Celia Neyra, Nations Insurance Solutions. **FREE!**

CPR Training (94072T 1/6/SA) **Monday, October 28, 1:30 pm** Class includes hands on instruction in CPR and training on how to use an AED. Participants will receive an AHA certification card. Instructor: Gerald Campbell. Instructor fee \$35; Optional supply fee \$12 if you wish to purchase a copy of the book used in class.

**** **Be sure to check out the Travel Desk for brochures on upcoming tours.** ****

FITNESS/HEALTH/WELLNESS

Open Fitness Fitness room with all the latest equipment for your workouts. For your protection, you must wear closed toed shoes with rubber soles and backs (no slip ons) when using the fitness room. Please limit equipment use to 30 minutes at a time. Orientation required before use. See calendar for Tuesday and Friday orientation schedules.

DVD Exercise Classes Join friends and come to these **FREE** DVD led classes with staff participation. See the "Open Activities" schedule for days and times. No need to sign up.

Yoga Classes Yoga attempts to balance mind and body via physical postures, controlled breathing, relaxation and meditation. Improve balance, flexibility, strength and more. Classes are designed for all levels. Bring a yoga mat.

- **Hatha Yoga (92035T ^{3/25/MPS})** Tuesdays, 2:30 pm. Instructor: Janet Swain. **FREE!**
- **Yoga Therapy (92052T ^{3/15/MPS})** Tuesdays, 5:00 pm. Instr: G. Shelton. **\$20/5 classes.**
- **Yoga Private Sessions** By appointment. Sign up at front desk. Instr: G. Shelton **\$35/hr.**

Line Dancing Join Instructor Barbara Albright on Thursdays for **FREE** dance classes. (Please note there will be no classes on October 24 due to set up of the Craft & Holiday Market.)

- **Beginners Line Dance (92054T ^{5/30/MP})** 1 –1:45 pm - Entry level line dancing class.
- **Intermediate Line Dance(92055T ^{5/30/MP})** 1:45 - 2:30 pm - Some experience is good.

Couple Dance (92056T ^{4/30/MP}) No class this month.

Zumba Gold Latin inspired fitness dance classes taught by certified instructors. Purchase a punch card for \$20 for 5 sessions, which can be used as often as you like until you have taken the 5 classes. (Must be used within 3 months of date purchased). Pink card is good Mondays. Green card is good for Wednesdays.

- **Mondays (92001T ^{5/30/MP})** 11:30 am - 12:15 pm Instructor: Behka Hartman
- **Wednesdays (92002T ^{5/30/MP})** 10:00 am - 10:45 pm (No class 10/2) Instructor: Candy Miller

Hawaiian Dance Lessons (92047T ^{1/20/MPN}) Wednesdays, 11 am. Class includes a variety of traditional Hawaiian dances and brief history lessons about Hawaii. Instructor: Stephanie Mahelona. **FREE!**

Belly Dance Lessons (92046T ^{5/20/MPN}) Tues., 1 pm. (No class 10/2.) Improve posture, tone muscle, strengthen your core & burn up to 300 calories/hr. Instr: C. Miller. **\$10/4 classes.**

Tai Chi (92049T ^{3/20/MPN}) Wednesdays 9 - 9:55 am. Chinese system of slow meditative exercise designed for relaxation, balance, and health. Instructor: David Hyland. **FREE!**

Fit Start I Exercise Class Tuesdays (**92036T ^{5/30/MPS}**), Thursdays (**92058T ^{5/30/MPS}**), 9 am & Wednesdays (**92063T ^{5/30/MPS}**), 5:45 pm. Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Please bring a bottle of water with you. **Tue \$12.50/5 classes; Wed \$12.50/5 classes; Thur \$12.50/5 classes.**

Fit Start II Exercise Class (92050T ^{5/30/MPS}) Wednesdays, 9 am. Class is for those ready to move to the next level in their fitness. Class will include floor exercises. Please bring an exercise mat and a bottle of water with you. **\$12.50/5 classes.**

Personal Training Interested in getting personal training? See Gerald Campbell. **\$35/hr.**

Chair Massage (PoS) Wednesdays 10 am - 11 am. Massage benefits include: stress relief, immune system boost, improved circulation, muscle pain relief, and more. Appointment is required, see front desk. Therapist: David Hyland. \$1 per minute.

COMPUTER CLASSES

Email Only (93027T ^{1/5/LC}) Tuesdays, 9 - 10 am Class features a new topic each week for those new to Yahoo mail. Class limit 5. Instructor: Cecil Kearney. **FREE!**

- Email 101 - Set up, Compose Mail
- Email 102 - Tabs, Folders, Buttons, Contacts
- Email 103 - Options, Themes
- Email 104 - Folders, Filters, Signature

Intermediate Computers (93016T ^{1/5/LC}) Tuesdays, 11 am - 12 pm New topic each week for those ready to increase their computer skills. Class limit 5. Instructor: Cecil Kearney. **FREE!**

- Week 1 - Intermediate E-mail
- Week 2 - Intermediate MS Word
- Week 3 - Intermediate Searching
- Week 4 - Create a Family History Blog

Get to Know a Computer (93017T ^{1/8/LC}) Wednesdays, 10 am - 11 am (No class 10/30.) Class for those who have never used a computer. Become familiar with the mouse, keyboard and basic functions of using a computer. Instructor: Laura Gore. **FREE!**

Windows 8 (93004T ^{1/8/LC}) One Day Only, Tuesday, Oct. 8, 1 pm - 3 pm Lecture on the basics of the Windows 8 OS. Bring your own laptop (Windows 8 is not loaded on the Senior Center computers.) Instructor: Cecil Kearney **FREE!**

Facebook (93041T ^{1/8/LC}) Thursdays, 2:45 - 3:45 pm Facebook is an online social networking service that connects people with friends and others who work, study and live around them. This popular free website allows registered users to create profiles, upload photos and video, send messages and keep in touch. Come learn the basics of Facebook as you explore different options of this website each week. Instructor: Fannette Welton. **FREE!**

Joys of Going Digital (93021T ^{1/8/LC}) Fridays, 9:30 am - 10:30 am Come to this series of classes to learn how to use your iPad and/or iPhone. These devices are meant to make your life easier. Each week we will explore some of the many features available. In no time at all, you will be comfortable using your toy! Instructor: Fannette Welton. **FREE!**

Open Computer Lab Tuesdays, 10 am - 11 am Instructor available to assist with topics from current classes offered at the Senior Center. No specific class instruction. Sign up not required. **FREE!** (For assistance on topics outside of current class offerings, please take advantage of a private lesson.)

Private Computer Lessons (93005T ^{1/1/LC}) By Appointment Do you need just a little one on one assistance with a computer issue? Do you prefer an individual lesson over a group lesson? Do you have a specific task you are trying to do or program you want to master? Make an appointment for a private computer training session. Instructor may vary depending on topic or area of desired training. Limited assistance is available for laptops and other devices. \$5 for a 30 minute session. Multiple sessions may be purchased at one time. Please sign up at the front desk and a trainer will contact you to schedule your private lesson.

Document Scanning Do you have documents or pictures that you would like to save in a digital format? Ask the front desk about scheduling an appointment to use the Senior Center scanner. **FREE!**

October 2013

Monday	Tuesday	Wednesday	Thursday	Friday
See “Open Activities” for additional continuous classes & programs	8:00 Sign-ups 9:00 Fit Start I 9:00 Email Only 10:00 Computer Lab 10:00 Quilter’s Lab 11:00 Elevate Your Health 11:00 Intermediate Computers 1:00 Belly Dance—Canceled 2:30 Hatha Yoga 5:00 Yoga Therapy	9:00 Tai Chi 9:00 Fit Start II 10:00 Blood Pressure Checks 10:00 Chair Massage 10:00 ZUMBA Gold—Canceled 10:00 Beg. Quilt Making 10:00 Get to Know a Computer 11:00 Hawaiian Dance Lessons 2:00 Glass Fusion 5:45 Fit Start I	9:00 Fit Start I 10:15 Yoga for Your Hips 10:30 Writing Group 1:00 Beg. Line Dance 1:45 Inter. Line Dance 2:00 Aircraft & Helicopter 2:00 ABC’s of Medicare 2:30 Bead Mania I 2:45 Facebook 6:00 Crochet for Beginners 6:00 Potluck Bingo	9:30 Joys of Going Digital 10:00 Crafting for HSAC 1:00 Movies & Munchies 1:00 Fitness Orientation (92027) 8:00 am - 1:30 pm Empowering Seniors
	9:30 Medicare Counseling 10:00 Walking & Yoga 10:00 Zentangle 10:00 Crochet for Beginners 10:00 Quilter’s Choice 10:00 Open Wii Play ALL DAY 11:30 ZUMBA Gold 1:00 Pickle-Ball 1:00 Multi-Media Painting 3:00 Sing-a-Long	9:00 Fit Start I 9:00 Email Only 10:00 Computer Lab 10:00 Quilter’s Lab 10:00 Grandma’s Treasures 11:00 Intermediate Computers 1:00 Belly Dance 1:00 Windows 8 2:30 Hatha Yoga 5:00 Yoga Therapy 6:00 Fitness Orientation (92025)	9:00 Fit Start I 10:30 Writing Group 10:30 Happy Hatters’ Meeting 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Bead Mania II 2:45 Facebook 6:00 Crochet for Beginners 7:00 Dance - Country	8:30 Breakfast Club 9:30 Joys of Going Digital 10:00 Couples Dance—Canceled 10:00 Crafting for HSAC 11:00 8-Ball Single Tournament 1:00 Fitness Orientation (92028) 1:00 Bunco
	9:30 Hear to Help 10:00 Walking & Yoga 10:00 Zentangle 10:00 Crochet for Beginners 10:00 Quilter’s Choice 10:00 Open Wii Play ALL DAY 11:30 ZUMBA Gold 1:00 Pickle-Ball 1:00 Multi-Media Painting 2:00 Genealogy	9:00 Fit Start I 9:00 Email Only 10:00 Computer Lab 10:00 Quilter’s Lab 10:00 Grandma’s Treasures 11:00 Intermediate Computers 1:00 Belly Dance 2:30 Hatha Yoga 5:00 Yoga Therapy	9:00 Fit Start I 10:30 Writing Group 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:00 Aircraft & Helicopter 2:30 Crafty Corner I 2:45 Facebook 6:00 Crochet for Beginners 7:00 Heritage Village Presents 7:00 Line Dance	9:30 Joys of Going Digital 9:30 You Can Paint w/Oil 10:00 Crafting for HSAC 11:00 8-Ball Dbls Tournament 1:00 Fitness Orientation (92029)
	10:00 Walking & Yoga 10:00 Zentangle 10:00 Crochet for Beginners 10:00 Quilter’s Choice 10:00 ABC’s of Medicare 10:00 Open Wii Play ALL DAY 11:30 ZUMBA Gold 1:00 Pickle-Ball 1:00 Multi-Media Painting 3:00 Book Club	9:00 Fit Start I 9:00 Email Only 10:00 Computer Lab 10:00 Quilter’s Lab 10:00 Grandma’s Treasures 11:00 Intermediate Computers 1:00 Belly Dance 2:30 Hatha Yoga 5:00 Yoga Therapy 6:00 Fitness Orientation (92026)	9:00 Fit Start I 10:30 Writing Group 1:00 Beg. Line Dance - Canceled 1:45 Inter. Line Dance - Canceled 2:45 Facebook 6:00 Crochet for Beginners	9:30 Joys of Going Digital 1:00 Fitness Orientation (92030) 9:00 am - 6:00 pm Craft & Holiday Market Bring a canned food item to help kick off our Holiday Food Drive
	10:00 Walking & Yoga 10:00 Zentangle 10:00 Crochet for Beginners 10:00 Quilter’s Choice 10:00 Open Wii Play ALL DAY 11:30 ZUMBA Gold 1:00 Pickle-Ball 1:30 CPR Training 1:00 Multi-Media Painting	9:00 Fit Start I 9:00 Email Only 10:00 Computer Lab 10:00 Quilter’s Lab 10:00 Grandma’s Treasures 11:00 Intermediate Computers 1:00 Belly Dance 2:30 Hatha Yoga 5:00 Yoga Therapy	9:00 Fit Start I 10:30 Writing Group 1:00 Beg. Quilt Making 10:00 Chair Massage 10:00 Beg. Quilt Making 10:00 Get to Know - Canceled 11:00 Hawaiian Dance Lessons 2:00 Ladies Powder Puff Pool 5:45 Fit Start I	9:00 Fit Start I 10:30 Writing Group 1:00 Beg. Line Dance 1:45 Inter. Line Dance 2:30 Crafty Corner II 2:45 Digital Storybooks 6:00 Crochet for Beginners 7:00 Dance - Costume



Come to the Senior Center
On
Tuesdays
for

“A Quick Bite”

For only
\$5

A cup of the Soup of the Day,
You select your sandwich, sides,
condiments and dessert.

Place your order with the
front desk
all day Mondays starting at 7 am
through Tuesday at 10 am.

Pick your order up in the
Multi-Purpose room on Tuesday
between noon and 1 pm.

Craft & Holiday Market

9:00 am - 6:00 pm

Friday, October 25